



SAFEGUARDING IN MARTIAL ARTS

SAFE PRACTICE POLICY

THE DOJO WOKING 2024

1. Warm Ups

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

2. Martial Arts involving throwing, grappling and strangling

Some examples are: Jujitsu, Self-defense, Koshiki Karate, Thai

The risks include but are not limited to: falling on unsuitable surfaces; landing on the head; damage to the joints from locks; strangulation.

Safe practice should include, but is not limited to:

- (a) Checking the matted area for suitability, particularly where the mats have been joined.
- (b) Checking that there are no hard surfaces or sharp/hard objects around the matted area.
- (c) Having an experience instructor who will ensure that children are not taught to use locks, throws or strangles which will cause injury.

3. Martial Arts involving strikes, punches and kicks

Some examples are: Karate, Taekwondo, Thai Boxing and Kickboxing

Please answer this section by including `best practices` that exist within your own organisation.

- (a) The risks include but are not limited to: concussion (brain injury) from heavy blows to the head; damage to internal organs and joints from heavy blows; injury from inappropriate stretching and other exercises.

There are some key points to consider in this section, particularly around head contact for under 16s. Please consider the following in your safe practice policy:

No Head Contact Allowed in Sparring under 12 years old

Extra Light Contact ONLY allowed for 12 to 16 years old students

Adults are allowed Light Head Contact Only. Please remember. Training and sparring **is not a fight competition.**

Quality gloves, shin guards, Headguards and mouthguards must be always worn when

contact is allowed.

If sparring with younger students, respect the age, experience and size difference and allow the younger students the opportunity to learn and develop safely.

Always train and spar on the matted floor area ONLY

IN case of any injury consult the Coach, who will advise and work with team to take necessary action.

Where required, we will contact parents or partners/family and contact emergency services where necessary.

Where mixed gender sparring is taking place, please be respectful of the other person.

No sparring is to take place without one of our Dojo Coaches present to supervise

***The Martial Arts Safeguarding Group strongly recommend the complete removal of any head contact from training and competition for U16's.**

The Dojo Woking support this and always recommend no Head contact in Sparring under 16.

- (b) All students should avoid excessive stretching and exercises such as press-ups on the knuckles or hitting heavy bags; the joints of children are still developing and can be damaged by these exercises.

4. Martial Arts involving weapons:

We use weapons in Koshiki Karate and Self Defense Training

Safe practice should include but is not limited to:

- (a) No live blades (sharp or otherwise) in the training hall when children are present
- (b) NO WEAPONS TRAINING FOR CHILDREN
- (c) Weapons training is only allowed when under the supervision of one of the Senior coaches

All our Instructors are properly trained, qualified and experienced in the Martial Arts Class they are providing.

Constant updates are done throughout the year to improve skills to deliver best and safest service.

All equipment is kept safe, clean and fit for purpose and we ask that all members treat it with the care and attention required to remain this way.

Keep yourself, your training partner and the Dojo safe and an enjoyable place to learn and develop fun and useful skills